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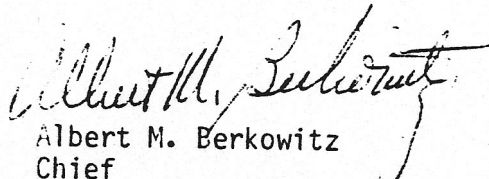
  
Albert M. Berkowitz  
Chief  
Reference Services Division

Table No. 4.—Number of admissions reported by Form P cards and annual rates per 1,000, entire Navy, for the four-week period June 8-30, 1923, inclusive.

Class.	Navy (strength, 89,027).		Marine Corps (strength, 10,931).		Total (strength, 100,958).	
	Number of admissions.	Annual rate per 1,000.	Number of admissions.	Annual rate per 1,000.	Number of admissions.	Annual rate per 1,000.
Diseases of blood.....	2	0.28	0	0	2	0.23
Diseases of circulatory system.....	34	4.75	4	2.61	38	4.37
Diseases of digestive system.....	457	63.82	141	91.91	598	68.77
Diseases of ductless glands and spleen.....	2	0.28	2	1.30	4	0.46
Diseases of ear.....	75	10.47	16	10.43	91	10.47
Diseases of eye and adnexa.....	60	8.38	20	13.01	80	9.20
Diseases of genitourinary system (non-venereal).....	105	14.66	26	16.95	131	15.07
Communicable diseases transmissible by oral and nasal discharges.....	319	44.54	56	36.50	375	43.13
Communicable diseases transmissible by intestinal discharges.....	5	.70	3	1.96	8	.92
Communicable diseases transmissible by insects and other arthropods.....	63	7.40	29	18.90	92	10.43
Tuberculosis (all forms).....	19	2.65	0	0	19	2.18
Venereal diseases.....	186	27.65	156	101.69	342	39.22
Other diseases of infective type.....	198	27.65	70	45.63	268	30.82
Diseases of lymphatic system.....	46	6.42	15	9.78	61	7.02
Diseases of mind.....	29	4.05	7	4.56	36	4.14
Diseases of motor system.....	64	8.91	27	17.60	91	10.47
Diseases of nervous system.....	32	4.47	7	4.56	39	4.49
Diseases of respiratory system.....	670	93.56	106	69.10	776	88.24
Diseases of skin, hair, and nails.....	63	8.80	27	17.60	90	10.35
Hernia.....	32	4.47	6	3.91	38	4.37
Miscellaneous diseases and conditions.....	130	18.15	17	11.06	147	16.91
Parasites (fungi and certain animal parasites).....	78	10.89	19	12.39	97	11.16
Tumors.....	9	1.26	1	.65	10	1.15
Injuries.....	427	59.63	128	83.44	555	63.83
Poisons.....	24	3.35	7	4.56	31	3.67
Total.....	3,718	519.18	890	580.15	4,608	529.93

Table No. 5.—Deaths reported, entire Navy, for the four-week period June 8 to June 30, 1923, inclusive.

Cause.	Navy (strength, 89,027).		Marine Corps (strength, 10,931).		Total (strength, 100,958).	
	Number of deaths.	Annual death rate per 1,000.	Number of deaths.	Annual death rate per 1,000.	Number of deaths.	Annual death rate per 1,000.
Neuritis, cerebrospinal.....	1	1.12	0	0	1	1.12
Influenza.....	1	1.12	0	0	1	1.12
Pneumonia, broncho.....	1	1.12	0	0	1	1.12
Tuberculosis, chronic pulmonary.....	4	4.49	0	0	4	4.49
Tuberculosis, chronic pulmonary.....	1	1.12	0	0	1	1.12
Syphilis.....	1	1.12	0	0	1	1.12
Other diseases.....	7	7.86	2	1.83	9	9.69
Drowning.....	8	8.99	1	0.91	9	9.90
Other accidents and injuries.....	3	3.37	0	0	3	3.37
Poisons.....	2	2.24	0	0	2	2.24
Total.....	31	3.48	6	0.55	37	4.03
Annual death rates per 1,000, all causes.....	4.33		3.91		4.25	
Annual death rates per 1,000, diseases only.....	2.23		1.30		2.07	

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NAVY DEPARTMENT,  
*Washington, March 20, 1907.*  
 This UNITED STATES NAVAL MEDICAL BULLETIN is published by  
 direction of the department for the timely information of the Medi-  
 cal and Hospital Corps of the Navy.

TRUMAN H. NEWBERRY,  
*Acting Secretary.*

Owing to the exhaustion of certain numbers of the BULLETIN and the frequent  
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yet this is a very far-off event and will necessitate the coordinated efforts of many minds. At present there is much opposition to the eugenics idea.

Drugs have little or no place in the treatment of fear and worry. It is frequently found that these patients, who are so commonly neurotic, have been taking great quantities of narcotic drugs and alcoholic liquors, and by far too many of the drug addicts to be found in this country to-day began their downward career in the taking of "dope" to drown some sorrow, kill some fear, or forget some worry. Some of them have accomplished their purpose, at least so long as the effects of the drug continued, but the "cure," if such it could be called, is many times worse than the disease, and the previously free man or woman has placed upon himself or herself the shackles and chains of the drug slave.

It is felt that enough has been written to show the malign influences of fear and worry, and the methods which may be adopted to combat them. When shall our treatment begin? Shall we wait until the "worry habit" is fully formed, until the patient is ill, perhaps incurably so; until his morale is completely broken, until he is a "nervous wreck," until he is insane, until he has committed suicide or some crime, until he has become a drug habitue, or shall we begin our treatment *now*? Can there be any question that we should "do it now?"

Ever bearing in mind the tremendous importance of the hereditary factor in cases of this sort, we should begin our treatment as soon as possible, even with the unborn child. The best and most effective treatment, of course, would have begun with the grandparents of our patients, but since this is now impossible, we should remember that our present patients are the potential grandparents of children and patients yet to be, and while we are improving in greater or less degree the morale of the patients with whom we are directly dealing, our best work will be reflected in their posterity. Thus and thus only will the race be built up. Certainly, this will take a long time, and radical or marked immediate results may not be apparent, but "Rome was not built in a day," and no enduring work worth while is accomplished in a short period of time. Our present degree of education was only acquired after a lifetime of effort, and will continue as long as we live, or until the enfeeblement of age makes the acquisition of new facts no longer possible. If "our feverish work and worry" is to have any great importance, or to occupy any considerable "space in the mighty epic of mankind," it will necessarily have to be of such a nature as favorably to influence generations yet unborn.

Immediate and striking results in the effect of treatment of fear and worry can not and must not be expected by the worry patient,

and this fact should be explained to him by his physician. Hereditary influences and the habits of years can not be completely changed in a few days, and it is impossible to treat fear and worry like an infectious disease, such as diphtheria. The treatment partakes more of the nature of a reeducation of the patient, and is more a sort of evolutionary process of mind development than one of therapeutics and physical development. These latter factors enter but little into the element of treatment of these two evils. The patient must be made to understand that he must in very truth become "the captain of his soul," as Ilenle expresses it; that he himself is largely the architect of his own health fortune, and that all his physician—all that anyone—can do is to direct him along the correct route, and, in a measure, to sign-post his way.

"I sent my soul through the Invisible  
Some letter of that After-Life to spell:  
And bye and bye my soul returned to me,  
And answer'd, 'I myself am Heav'n and Hell.'"

#### PSYCHOANALYTIC LITERATURE.

By J. C. THOMPSON, Commander, Medical Corps, United States Navy.

There are a great many medical officers in the Navy who desire to acquire a much more thorough training in one of the specialties than their routine college course was able to offer, or for which there was time in the curriculum of the Naval Medical School.

When these seekers turn for further knowledge to the field of bacteriology, hygiene, or eye and ear, for example, there is no difficulty in promptly becoming acquainted with what is the best literature on the subject. They have but to consult one of the standard textbooks so generously supplied to them by the department and there will be found references ample for many months of study.

In the province of psychoanalysis, owing to its being the most recent theoretical and practical contribution to the art of healing the sick, the bibliography seems to be curiously secreted from general accessibility. This at times is due to the lack of precision with which the word is used, especially in the book shops; its etymology is locked up by the junior clerks, "soul analysis" accepted as its meaning, and thereupon psychoanalytic material is placed on the same shelf with every conceivable variety of book, some dealing with the strangest of human emotions.

The term "psychoanalysis" in medicine applies strictly to the discovery made by Freud of the technic employed in studying and curing certain nervous diseases. These are the psychoneuroses.



They are classified as the true neuroses, such as hysteria, compulsion neurosis, the obsessions, anxiety hysteria, and the phobias; also as the actual or somatic neuroses, such as neurasthenia and anxiety neurosis.

The field of application of psychoanalytic therapy has been vastly expanded by the American school, so as now to include the return to a certain degree of social usefulness and even unto the complete repair of some of the severe psychoses. The leaders in psychoanalysis in this country are White, Kempf, Brill, and Jelliffe.

Psychoanalysis deals purely with the unconscious motivation (cause) of human behavior.

Man has two fundamental instincts—one for self-preservation and the other for race propagation. The most important emotion of the self-preservation urge is hunger. The sole emotion of the race-propagation urge is libido. Libido is the energy which gives rise to the entire gamut of human activities.

The character and personality of the individual depends upon the manner in which he acquires energy, converts it into libido, and releases it in procreation, in socially useful creations, in developing and maintaining a neurosis, or in perversions and crime.

The person who is happily married, raising a family, handling his economic situation with success and who has the time and strength to spare for cultural (intellectual) improvement, is utilizing his libido in accordance with the highest psychoanalytic principles.

Those who on the other hand are physically sound but who are failing to measure up to the Freudian standards of fertility, efficiency, and happiness (Kempf) are in trouble due entirely to a faulty expenditure of their libidinous energy. The dictum of Freud on this subject is inexorable: "In a normal *vita sexualis* no neurosis is possible."

Libido manifests itself in a perplexingly varied range of activities. Constructively it is the power from which springs the most brilliant enterprises of man, in science, engineering, literature, and the arts. Destructively, when misunderstood and mishandled, it is the cause of all the neurotic symptoms such as fatigue, irritability, insomnia, the psychoneuroses such as anxiety, morbid fears, hysteria, and neurasthenia. Finally to it may be attributed the true insanities, the perversions, and no end of criminal acts.

Psychoanalysis is the technic of discovering the hidden unconscious motive for behavior or conduct which is deleterious to the health and happiness of the individual.

When the analyst has uncovered the unconscious motive for a certain neurotic symptom and this motive is understood by the

patient the symptom regularly disappears. This uncovering of the hidden motive does not consist in the mere explaining to the patient the mechanism of his plight. The understanding alone comes from the analytic technic of free association and subsequent rational synthesis.

At the present time there is no general textbook on psychoanalysis. The most accessible volume to the naval medical officer is the first edition of *Diseases of the Nervous System*, by Jelliffe and White. The chapter on the psychoneuroses is one that, if read and at all times held clearly in mind, would prove to be a rarely valuable accession to one's diagnostic acumen.

From this the student would do well to go over a half dozen or so of the titles listed under the heading of general literature. To stress any of them in particular would almost be unwarranted. Every one of the books will amply repay the reader. To begin with, it might be best to choose *Psychoanalysis; Its History, Theory, and Practice*, by the late André Tridon.

The student who intends becoming well versed in the art had then better turn to *Psychoanalysis*, by Brill, and to *The Technique of Psychoanalysis*, by Jelliffe. When the contents of these volumes are understood one is then prepared to read the works of Freud, preferably in the following sequence: *Three Contributions to the Theory of Sex*, *A General Introduction to Psychoanalysis*, *Selected Papers on Hysteria and Other Psychoneuroses*, and finally *The Interpretation of Dreams*. It is only fair to state that the latter citation, without any doubt, will require harder study to master than any work of its size in our medical library.

Psychoanalysis relating, as it does, to the study of human behavior is by no means confined to the neuroses. It has the widest application in the critical investigation of the primitive urges that underlie the drama, poetry, art, mythology, folk-lore, and the customs and ceremonial practices of primitive folk. For those who care to approach these subjects from the standpoint of the analyst there are listed few titles under the caption of *Literati*.

The medical man confronted with some of the bewildering problems of child culture, such as nocturnal enuresis, obstinacy, food prejudices, stuttering, marked disobedience or falsehood, will find themselves far better able intelligently to advise the parent if some of the psychoanalytic work relating to children is gone over.

The outstanding monograph dealing with this phase is from the pen of Dr. H. Von Hug-Hellmuth. She has made exhaustive observations concerning the latent and awakening sexual activities of children. Knowledge of her writings is essential to an understanding of the endless curious and capricious acts of the child. It is



just exactly these which, if misinterpreted and stupidly handled by the parent, may result in psychic trauma. Unfortunate episodes of this kind occurring in childhood may be directly related to some of the most serious neurotic illnesses in the adult. Above all are these childhood impressions absolutely and unequivocally responsible for endless marital distress.

It is essential that the advanced student early in his career become thoroughly acquainted with the work of Kempf, especially his *Psychopathology*. This is one of the most important and original works on psychic disturbances that has been written by any English-speaking psychologist. It touches upon all types of neurotic symptoms, which range from little personal habits and idiosyncracies at the beginning to the terminal mental dilapidation of the incurable insane. This volume is profusely illustrated from the modern arts, sculpture, and institutional inmates.

Those who seriously take up psychoanalysis as their specialty must make a thorough review of the writings of White, not only those relating to psychopathology, but those which discuss the broader philosophical principles of human behavior.

The advanced student will find a number of invaluable papers published in the *Nervous and Mental Disease Monograph Series*; also in the *Psychoanalytic Review*, a quarterly devoted exclusively to psychoanalysis.

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## CHRONIC COLITIS.

By J. B. PORTLAND, Lieutenant Commander, Medical Corps, United States Navy.

Chronic Colitis does not usually exist as a definite and separate disease entity, but is so intimately associated with other pathological